# **Dr Heather G. Von Bank**

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**PROFESSIONAL POSTIONS**

2016 – Present *Chairperson,* Department of Family Consumer Science

Minnesota State University-Mankato

2013 – Present *Associate Professor*, Department of Family Consumer Science

Child Development Family Studies Area

Minnesota State University-Mankato

2008 - 2012 *Assistant Professor,* Department of Family Consumer Science

Child Development Family Studies Area

Minnesota State University-Mankato

**EDUCATION**

2008 Ph.D., University of Wisconsin-Madison

Department of Educational Psychology

2004 M.S., University of Wisconsin-Madison

Department of Educational Psychology

2001 B.S. North Dakota State University, Fargo, ND

Department of Psychology

Minor: Child Development and Family Science

**HONORS, AWARDS, AND GRANTS**

2016 Received funds from the College of Allied Health and Nursing to host the First US Play Coalition: Midwest Play Conference ($7,000)

2016 Honor: Special Recognition as MSU-Mankato Author

2013 Grant Recipient; Action Grant from the US Play Coalition: Value of Play Conference $1000.00

2012 Participant of the Minnesota State University – Mankato Leadership Institute.

2012, 2013 Reassigned time for on-line differential tuition revenue to develop on-line courses in FCS/CDFS major, $3,600

2012 Nominee for Minnesota and Wisconsin River Valley Girl Scouts,

Women of Distinction

2012 College of Extended Learning and the Extended Learning Sub-Meet

Professional Development Grant – On-line & Distance Learning, $1500

2010 College of Allied Health and Nursing Facilities and Administrative Fund, Minnesota State University- Mankato, $1400

**OTHER**

2015 – Founder of the Midwest Play Conference.

Created a conference and a workshop that provides a regional group of educators and practitioners to advocate for play in the lives of children, adults and families.

Mankato, MN June 25th The US Play Coalition’s support for learning, teaching, and advocating is evident from the articles on their website to the types of research they fund. My colleagues and I have a chance to present at the 2013 conference to discuss our respective play classes. We are also in competition to receive an **Action Grants** for **$1,000** to support efforts to create action in communities that support play. I have also stepped up my involvement in the organization as I have agreed to review poster and paper presentations. My involvement with the US Play Coalition has been tremendously rewarding and I look forward to being more involved as the coalition gains more attention from similarly minded scholars.

2016 – Midwest Play Conference

Alexandria, MN July 2017 – Midwest Play Conference: Nature and Loose Parts Play Workshop

**PUBLICATIONS**

*Book*

Von Bank, H.  (2018). Lifespan Development: Telling the Human Story. Dubuque: Great River

Learning Technologies.

Hemphill, J., Scheinholtz, L., & **Von Bank, H.** (July, 2014). A Greener way to play: Activities

and games that use recyclable materials. North Mankato: Capstone.

*Refereed Journal Articles*

Hsun-Yu, C., Brown, B. B. & **Von Bank, H**. (2015). Adolescent disclosure of information about

peers: The mediating role of perceptions of parents’ right to know. Journal of Youth and

Adolescence, 44(5), 1048-1065. DOI 10.1007/s10964-015-0261-9

Brown, B. B. & **Von Bank, H**. & Steinberg, L. (2008). Smoke in the looking glass: Effects of discordance between self- and peer rated crowd affiliation on adolescents’ self-feelings. *Journal of Youth and Adolescence, 37,* 1163-1177.

Brown, B. B., Bakken, J., Nguyen, J., & **Von Bank, H**. (2007). Sharing information about peer relations: Parent and adolescent opinions and behaviors in Hmong and African American families. In B. B. Brown & N. S. Mounts (Eds*.), New Directions in Child and Adolescent Development:* *Linking parents and family to adolescent peer relations: Ethnic and cultural considerations*. San Francisco: Jossey-Bass

Gould, O. N., Osborn, C, **Krein (Von Bank),** H, Mortenson, M. (2002). Collaborative recall in married and unacquainted dyads. *International Journal of Behavioral Development, 26*(1), 36.

*Newsletters*

Von Bank, H. (Summer, 2019). Summer Play Reading Review: Balanced an Barefoot. <https://usplaycoalition.org/author/hvb>

Von Bank, H. (Fall, 2018). Risking nothing, risking everything: Why children need risky play.

Play Pulse US Play Coalition

Von Bank, H. (May, 2016). How I PLAYED on my First Sabbatical. US Play Coalition

Newsletter <http://usplaycoalition.org/played-first-sabbatical>

Von Bank, H. (October, 2013). Lesson’s learned: Service learning.US Play Newsletter.

Von Bank, H. (July, 2011). A Student Designed Community Play Day as part of a University-

Level Course on the Benefits of Play. US Play Coalition Newsletter.

<http://usplaycoalition.clemson.edu/resources/newsletter/2011july.pdf>

Von Bank, H. (December, 2011). Contribution to on-line newsletter.

<http://usplaycoalition.clemson.edu/resources/newsletter/2011december.pdf>

**REFEREED RESEARCH PRESENTATIONS**

*Major Conference Presentations*

**Von Bank, H.** & Handevidt, A. (April 2019). Playful theory and practice: Discover and use play

in our work with children and families. Minnesota Association of Children’s Mental Health (MACMH). Duluth, MN.

**Von Bank, H**. (April , 2019).Project based learning: Strategies for all learners. Workshop

presented in the “Play and Education from a Global Perspective” at the US Play Coalition: The Value of Play Conference. Clemson, SC.

**Von Bank, H.** (Jan, 2019). Play is the way to support infant and child mental health. Workshop

presented at Minnesota Association for the Education of Young Children. St Paul, MN

**Von Bank, H.** & Peterson, K. (April, 2018). What’s going on with the midwest play

conference?: A nature and loose parts play workshop. Workshop presented at the US Play Coalition: The Many Faces of Play. Clemson, SC.

**Von Bank, H**. (February, 2018). Using the power of play to teach child development

concepts. Workshop presented at the Minnesota Association of Family and Consumer Sciences. Rochester, MN.

Scheinholtz, L**., Von Bank, H.** & Hemphill (September, 2017) I Like to Move It, Move It!:

Recycle your way to musical play. A 45 minute Brown Bag Session for the International Play Association. Calgary, AB, CA.

**Von Bank, H**. & Berg, B. (April, 2017). Enough with the iPad: Let’s get back to play.

Symposium presentation for the Minnesota Speech-Language-Hearing Association

Convention. Mankato, MN.

**Von Bank, H. (2017).** Promoting the power of play through a regional play conference.

Symposium presented at the annual US Play Coalition: The Value of Play Conference,

Clemson SC.

Steffan, C., Silver, E, & Dobbins, E., & **Von Bank, H**. (2017) Observations of STEAM play

activities at a children’s museum. Poster presented at the annual US Play Coalition:

The Value of Play Conference, Clemson, SC.

**Von Bank, H. (2016).** “We want you...To Attend the Midwest Play Conference“. Presented at

the annual US Play Coalition: The Value of Play Conference, Clemson SC.

**Von Bank, H.** Feldman, S., Cords, A., Van Sickle, A. & Schabert, D.(2015, February).“I’ve

always knew play was important but I didn’t know it was THIS important“: How a play class impacted students interactions with children. Lesson’s learned in play: Play day as service learning. Presented at the annual US Play Coalition: The Value of Play Conference, Clemson SC.

**Von Bank, H.** Bujalski, H., Cords, A., Greenblat, N., Robinson, M., Rothatmer, C., Schabert, D.,

& Scheper, C. (2014, February). Lesson’s learned in play: Play day as service learning. Presented at the annual US Play Coalition: The Value of Play Conference, Clemson SC.

**Von Bank, H.** (2013, February). All my other classes are boring lectures: Play Days as service-learning opportunities**.** Presented at the annual US Play Coalition: The Value of Play Conference, Clemson SC.

**Von Bank, H**. (2012, April). *Service Learning: How to Engage Students and Maximize Learning.* Webinar for the American Association of Family Consumer Science. <http://events.r20.constantcontact.com/register/event?oeidk=a07e5pe6v2qf22d714e&llr=kql6x9dab>

**Von Bank, H**., Hemphill, J. & Scheinholtz, L. (2012, March). *Play Can Take a Village*. Workshop presented at the annual US Play Coaltion: The Value of Play Conference, Clemson SC.

**Von Bank, H**., Hemphill, J. & Scheinholtz, L. (2011, March). *A Greener Way to Play*. Workshop presented at the annual US Play Coaltion: The Value of Play Conference, Clemson SC.

**Von Bank, H**. (2010, March). Developmental Agency. In J.E. Symonds (Chair), *Adolescents' Decisions to Disclose or Withhold Information From Parents About Peers*. Paper presented at biennial meeting of the Society for Research on Adolescence, Philadelphia, PA.

Brown, B.B., **Von Bank, H**., & Fletcher, A.C. (2008, July). Behavioral autonomy trajectories in early adolescence: insights from examining parental oversight of peer relations across the middle school transition, International Society for the Study of Behavioural Development, Wurzburg, Germany.

**Von Bank, H.,** Brown, B.B., Fletcher, A., Takasaki, A. (2008, March). Impact of transitions on parental involvement in early adolescent peer relations. In B. B. Brown (Chair), *From coach to spectator? Shifts in parents' roles in adolescents' peer relations across the transition to middle school*. Paper presented at the biennial meeting of the Society for Research on adolescence, Chicago, IL.

*Minor Conference Presentations*

Watkins, A\*., Jones, P.\*, Stutelberg, P.\*, Johnson, H.\*, Muth, M.\*, Elsenpeter,

S.\* and **Von Bank, H.** (April, 2019). Parents perspectives on preschool children’s play. Poster presented at the US Play Coalition: The Value of Play Conference. Clemson, SC.

Anderson, L., Leland, T., Anderson, A., Schoeller, S., Anderson, K.& **Von Bank, H.**

(April, 2018). Bored millennials: How do young adults view leisure time and play. Poster presented at the Undergraduate Research Symposium, Mankato, MN.

Steffan, C., Silver, E, & Dobbins, E., & **Von Bank, H**. (2017) Observations of STEAM play

activities at a children’s museum. Poster presented at the Minnesota State University-

Mankato Undergraduate Research Symposium.

Lyons, M. & **Von Bank, H**. (April 2015) Defining Picky or Selective Eating Behaviors of

Children age 2-16 years and Situational Environmental Impacts. Poster presented at the Minnesota State University-Mankato Undergraduate Research Symposium.

Traxler, A. and **Von Bank, H**. (April 2015) Caring for a family member with Tuberous Sclerosis

Complex (TSC) Poster presented at the Minnesota State University-Mankato

Undergraduate Research Symposium.

Woitas, M. & **Von Bank, H**. (2013, April). *The community’s awareness of the Children’s Museum of Southern Minnesota.* Poster presented at 2013 Minnesota State Colleges and University System Undergraduate Research Symposum and MSU-Mankato Undergraduate Reserach Symposium.

Cords, A., VanSickle, A., Feldman, S., & **Von Bank, H** (2014, April). *How a play class impacts caregiver-child interactions.* Poster presented at 2014 Minnesota State Colleges and University System Undergraduate Research Symposum and MSU-Mankato Undergraduate Reserach Symposium.

Greenblat, N. & **Von Bank, H** (2014, April). The facts and fiction about the use of sign language with young children. Poster presented at 2014 Minnesota State Colleges and University System Undergraduate Research Symposum and MSU-Mankato Undergraduate Reserach Symposium.

Hunstad, A. & **Von Bank, H**. (2013, April) *Satisfaction with parental involvement at child care center*. Poster presented at 2013 Minnesota State Colleges and University System Undergraduate Research Symposum and MSU-Mankato Undergraduate Reserach Symposium.

Jones, D. & **Von Bank, H**. (2012, April). Raising relatives children: The relationships, stressors, and methods of coping. Poster presentation for the Minnesota State University – Mankato Undergraduate Research Symposum. Mankato, MN.

Jones, D. & **Von Bank, H**. (2012, July). Raising relatives children: The relationships, stressors, and methods of coping. Poster presentation for the McNair Symposium, University of California at Berkely.

*Invited Presentations*

**Von Bank, H.** (Feb, 2019). Play is the way to support infant and child mental health.

Workshop presented at the Minnesota Association for the Education of Young Children. St. Paul, MN.

Von Bank, H. (January, 2019). Child development: Play as the building block for learning.

Invited talk for Zumbrota High School Child Development Class. Zumbrota, MN

**Von Bank, H.** (December, 2018). Play is the way to support infant and child mental health.

Workshop presented at the Minnesota Association for Child and Infant Mental Health Conference. Burnsville, MN.

Von Bank, H. (April, 2018). Play is the way to support infant and child mental health. Invited

talk for People Serving People Non-profit Organization. Minneapolis, MN.

Von Bank, H. (April, 2018). Youth hunger solutions: How do we break the cycle. The effects

of hunger on youth development. Invited talk for Backpack Food Program. Mankato, MN.

Von Bank, H. (March, 2018). Child development: Play as the building block for learning.

Invited talk for Central High School. Mankato, MN

Von Bank, H. (November, 2017). Using the power of play to educate the whole child. Invited

talk for Minnetonka Teacher In-service. Clear Spring Elementary School. Minnetonka, MN

Von Bank, H. (November, 2017). Play = learning. How play affect children’s language,

physical and social development. Invited talk for Family Speech and Therapy Services, Andover MN.

Von Bank, H. (November, 2017). Play = Learning: How Play Affects Children's Language,

Physical, and Social Development. Invited presentation with the Andover School District.

Andover, MN.

Von Bank, H. (October, 2017). Child development: Play as the building block for learning.

Invited talk for Mankato West High School Child Development Class. Mankato, MN

Von Bank, H. (September, 2017). Using the Power of Play to Educate the Whole Child. Invited

presentation at Clear Spring Elementary School Teach Inservice. Minnetonka, MN.

Von Bank, H. (April, 2017). Benefits of play in child development. Guest lecture at Central High

School, Family and Consumer Science class. Mankato, MN.

Von Bank, H. & Chadourne, J. (April, 2017). Oh, playdoh! Using playdoh in your FACS

classroom. FACS to the Max Workshop. Mankato, MN.

Von Bank, H. (May, 2017). Play is the way! Using play to promote healthy relationships. Invited

presentation for the Minnesota Social Service Association (MSSA). Mankato, MN.

Von Bank, H. (August, 2016). YMCA Orientation session for preschool educators. Invited

presentation for the preschool teachers at YMCA. Mankato, MN.

Von Bank, H. (June, 2016). Reaching developmental milestones through play. Invited

presentation for United Way: Success by Six series. Mankato, MN.

Von Bank, H. (Feb, 2016). Child development: A play based perspective. Play as the building

blocks for learning. Invited presentation for Kinderplatz Preschool, Bloomington, MN.

Von Bank, H. (Oct., 2015). *Child development: A play based perspective. Play as the building*

*blocks for learning.* Invited presentation for the Minnesota Valley Association for the

Early Childhood Education. Mankato, MN.

Von Bank, H. & Karau-Dauk, S. (Oct., 2015). Teenage parenting: What teens need and want to

know about being a parent. Presentation at FACS to the Max, Mankato, MN.

Von Bank, H. (Nov., 2015). Kids and Hunger. Invited presentation for the Regional Food Access

Gathering, Mankato, MN.

Von Bank, Heather. (2014, Oct. 18). “Got Play?: Realize the Benefits” Invited presentation for

the Fox Valley Association for the Educational of Young Children, Aurora IL

Von Bank (2012, April). The Benefits of Play in Child Development*.* Invited presentation for

Student Success Showcase. MSU-Mankato, Mankato MN.

Von Bank, H. (2011, October). Service Learning in the Classroom: What Play can do for you!

Invited presentation for FACS to the Max: A Family Consumer Science Education Workshop focusing on skills to maximize your FCS classroom. Mankato, MN

Von Bank, H. (2010, October). Let’s Play Together. Invited presentation for FACS to the Max:

A Family Consumer Science Education Workshop focusing on skills to maximize your FCS classroom. Mankato, MN.

Von Bank, H. (2009, October). Service Learning Experience through Play. Invited presentation

for the College Advisory Board Meeting. Mankato, MN.

Von Bank, H. (2008, December). Brain Development in Infancy and Early Childhood. Invited

presentation for the AmeriCorps/LEAP Initiative. Owatonna, MN.

*Panel Member Presentations*

Von Bank, H. (Panel member). (2011, 2012). New Student Orientation Faculty Panel. Mankato, MN.

Von Bank, H. (Panel member). (2010, June 25). When I Grow Up: Girl Fest. Girl Scouts of

Minnesota and Wisconsin River Valleys, Mankato, MN.

Von Bank, H. (Panel member). (2009, August 12). Faculty Orientation to Minnesota State

University-Mankato, Mankato.

**Media**

*TWITTER:* Moderated twitter chat: <http://usplaycoalition.org/halloween-inspired-october->

weplaychat-explores-imaginary-play

*Television*

Von Bank, H. (June 2008, 2009, 2010, 2011, 2015, 2016, 2017, 2018, 2019) Mankato Parent-Child Play Day,

Mankato, MN KEYC News, local Fox Network Affiliate. <http://www.mankatofreepress.com/news/parent-child-day-at-rasmussen-woods-teaches-the-power-of/article_0c7ec908-1124-11e5-8810-f77cde8272e8.html>

Von Bank, H. Guest Panelist on Stephanie Passingham (Executive Producer). (2010, August

31). Cities on the Move: A Kids Life – Or is It? Town Hall Special Rundown. Austin, MN: KSMQ

*Radio*

(June, 2012) Mankato Parent-Child Play Day, KMKO Radio 95.7

*Newspaper*

Rosenblum, G. (2015, October 18). Mix it up program helps Minneapolis grade schoolers, others

make friends. Interview with reporter. Startribune: Minneapolis.

<http://www.startribune.com/rosenblum-mix-it-up-program-helps-minneapolis-grade-schoolers-others-make-friends/333216991/>

Bies, J. (2015, June 12). Parent-child day at Rasmussen Woods teaches the power of play.

Mankato Free Press. <http://www.mankatofreepress.com/news/parent-child-day-at-rasmussen-woods-teaches-the-power-of/article_0c7ec908-1124-11e5-8810-f77cde8272e8.html>

Dyslin, A. (2013, July 20). Play Day inspires fun and learning: Rasmussen Woods hosts fifth

annual event. Mankato Free Press. [http://mankatofreepress.com/local/x1912998450/Play-Day- inspires-fun-and-learning](http://mankatofreepress.com/local/x1912998450/Play-Day-%09inspires-fun-and-learning)

Dyslin, A. (2013). Pre-schoolers show grown-ups importance of play. Mankato Free Press <http://mankatofreepress.com/local/x1520506735/Pre-schoolers-show-grown-ups-importance-of-play>

Dyslin, A. (2012, June 16). Kids have hands-on fun at “Play Day”: Idea to inspire children to be

creative at home. Mankato Free Press, pp B1& B3.

Dyslin, A. (2011, August 30). Night to unite strengthen communities. Mankato Free Press

[http://mankatofreepress.com/local/x640622966/Night-to-Unite-strengthens- communities/print](http://mankatofreepress.com/local/x640622966/Night-to-Unite-strengthens-%09communities/print)

Kent, T. (2011, June 10). MSU Play Day offers run for kids, families: Activities can be

repeated at home. Mankato Free Press B1 & B3

Murrary, R. (2010, June 10). Play Day: An opportunity to explore. Mankato Free Press. <http://mankatofreepress.com/local/x1910034197/Play-Day-an-opportunity-to-explore>

Kent, T. (2009, June 9). Mankato to celebrate Play Day: Partnership leads to inaugural Play Day

in Mankato. Mankato Free Press,

<http://mankatofreepress.com/local/x519304281/Mankato-to-celebrate-play-day>

*Other media*

Jones, Carol (2015; Spring*) More than just fun and games*. Pulse (Vol 2). Publication by the

College of Allied Health and Nursing at Minnesota State University – Mankato.

Mankato, MN.

**SERVICE**

*Professional Service*

*2018 –* Steering Committee Member, US Play Coalition

2012 - *Reviewer* for US Play Coalition Value of Play Conference

2008-2009 Textbook *Reviewer* for Pearson Publishing Co.

*University Service*

2008- A*dvisor* for student organization/sorority Alpha Sigma Alpha

*2014-2015 Coordinator for the 2015 Undergraduate Research Symposium* at MSU-Mankato

*2012-2016 Faculty Association Representative for College of Allied Health and Nursing,*

Assessment & Evaluation Committee

*2012 - 2015 Council Member* on the Undergraduate Research Council, MSU – Mankato

2010-2017 *Judge* at Undergraduate Research Conference, MSU – Mankato

2012-2013 *Judge* at MNSUC Undergraduate Research Conference, MSU – Mankato.

2009-2010 *Committee member* for the Advisory Committee Service Learning/Civic Engagement, MSU-Mankato

*College Service*

2008 - *Committee member* for Undergraduate Curriculum & Academic Policies

in the College of Allied Heath and Nursing, MSU-Mankato

2014-2016 Chairperson for Committee on Curriculum & Academic Policies

in the College of Allied Heath and Nursing, MSU-Mankato

2010-2012 *Advisor* for Transfer Student Orientation for the College of Allied Heath and

Nursing, MSU-Mankato

2009-2012 *Chair,* Cultural Diversity Committee in the College of Allied Heath

and Nursing, MSU-Mankato

2008-2010 *Co-chair* for College of Allied Heath and Nursing Planning Committee

MSU-Mankato

*Department Service*

2016 - Chair, Department of Family Consumer Science

2008- *Co-Advisor* for student organization Child Development and Family Studies Club

2013-2015 *Chair,* Faculty Search Committee for Family Consumer Science Department

2011 - 2017 *Reviewer* on Scholarship Committee in Family Consumer Science Department

*Community Service*

*2019 -* Board Member, Children’s Museum of Southern Minnesota

# 2012- *Volunteer* with Delta Kappa Gamma

# 2011-02012 *Volunteer* for “LauraPalooza,” Children’s Programming Committee

2010 - 2012 *Volunteer* for the Girl Scouts of Minnesota and Wisconsin River Valleys

2010 *Volunteer* for Community Programs: Southern Minnesota Children’s Museum & Creative Play Place, St. Peter MN

**GRADUATE STUDENT ADVISING**

*Ph.D. Dissertation Committee Service*

2015 Committee Member for Katlyn Ann Grover, Department of Psychology

Title: A Validation of the Family Involvement Questionnaire-High School Version”

*Master’s Thesis Committee Service*

2016 Committee Member for Kendra Popsil, Deparment of Sociology.

Title: “Illustrating the ‘Generalized Other:’ Examining early childhood gender socialization through children’s picture books.

2011 *Committee Member* for Harumi Norasakkunkit, Department of Graphic Design

Title: “Teaching Children How to like Balanced Meals”

2012 *Committee Member* for Mohamed Abdullah Alamari, Department of Health

Science

Title: “Mothers’ Health and Health Behaviors that Influence Childhood Obesity

Maternal BMI & Infant Feeding Methods”

**PROFESSIONAL AFFILIATIONS**

Delta Kappa Gamma (DKG)

American Association of Family& Consumer Sciences (AAFCS)

Minnesota Association of Family & Consumer Sciences (MAFCS)

US Play Coalition